

ABSTRACT OF THE DISCLOSURE

An exercise system for use in a vehicle includes a frame that has a pair of spaced apart base members. Support legs extend from each base member and a crossbeam is connected to and extends between each support leg. Mounting fixtures are positioned on each support leg and on each base member. Additionally, one or more exercise devices may be removably secured to each mounting fixture. In operation a user may attach an exercise device to the frame and undertake resistance exercises for the arms, legs and torso. Various sized individuals at various strength levels can be accommodated via altering the resistance of exercise device.